

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	omelet muffins ①	graze fridge for leftovers ②	graze fridge for leftovers ③	chipotle lime salmon (1/2 recipe) with salsa salad PREP: cook shrimp for meal 5 ④
MONDAY	shrimp avocado omelet (use 1/2 pkg grape tomatoes, quartered instead of 1/2 large diced tomato) ⑤	Portobello sandwich ⑥	jerky & fruit ⑦	grilled chicken Mediterranean with spinach salad ⑧
TUESDAY	leftover omelet muffins ⑨	leftover grilled chicken Mediterranean with greens and Paleo-friendly dressing ⑩	pb&j ⑪	gingery broccoli & beef ⑫
WEDNESDAY	breakfast smoothie (double recipe) PREP: marinate garlic chicken for meal 16 ⑬	leftover gingery broccoli & beef ⑭	berries with balsamic vinegar ⑮	garlic chicken, red peppers and mushroom sauce ⑯
THURSDAY	ham & fresh fruit ⑰	leftover garlic chicken, red peppers and mushroom sauce ⑱	jerky & veggies ⑲	Italian veal chops with roasted asparagus ⑳
FRIDAY FLEX	chorizo scrambled eggs ㉑	leftover Italian veal chops ㉒	jerky & fruit ㉓	pepper steak (1/2 recipe) ㉔
SATURDAY	almond flour pancakes with bacon ㉕	graze fridge for leftovers ㉖	graze fridge for leftovers ㉗	Paleo chicken alfredo with steamed broccoli ㉘